

DESCRIPTION

20x20 yard grid - spread your players around the outside. Invite one of your attacking players in to the middle along with one of your defenders. Start with one ball at any outside player - the attacker in the middle must try to get the ball and penetrate past the defender then connect to the opposite side of the grid. Encourage them to vary their approach with a mix of dribbling and quick passes with the outside players. Rotate through your attackers and defenders. You can progress this to 2v2 in the middle.

Make it easier - add extra balls around the outside to give the attacker more options
Make it harder - add a second defender

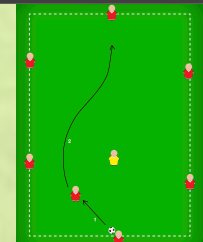
WARM UP

COACHING POINTS

FIRST COACHING POINT - APPROACH
Ask your attacking player to try and receive the ball in space and with their body open to the defender: this will help them go forward

SECOND COACHING POINT - PLANNING
The attacker should be seeking to move the defender around the area to create space to pass/dribble

DIAGRAM



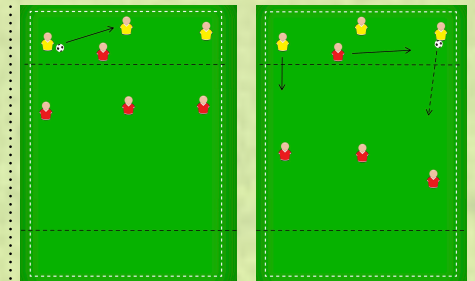
40x40 yard grid divided in to one central channel (40x20 yards) with a 40x10 yard channel at each end. Set-up four defenders in the middle channel, set-up three attackers in either of the end channels. The attackers start with the ball and can stay in their ten yard channel to warm-up, one defender may leave the central channel to pressure them. The challenge for the 3 attackers is to make it through the middle channel with the ball under control. They can return to their starting channel if they'd like to reduce the pressure and compose themselves.

Make it easier - reduce your defense to 2/3 players to begin with
Make it harder - ask your attackers to keep the ball on the ground at all times

TECHNICAL

FIRST COACHING POINT - DECISION MAKING
The attackers must analyze the positions of the defenders to assess if they can make it through safely. If they cannot, they may seek to move them by entering the grid and then leaving again quickly.

SECOND COACHING POINT - SPEED OF PLAY
With a numerical disadvantage the attackers must try to make up for that by playing quickly & efficiently - their play should be quick and high-intensity with minimal touches.



Same set-up as above but we will take out one channel and add in one big goal and two small goals (see diagram). Place one holding midfielder player in the channel - that player can leave to join the play but nobody else is allowed in to that channel. In the main area you will set-up a team of 4 defenders, one midfielder and a GK vs three attackers. The attackers also have the holding midfielder on their side to create a 5v4. The objective for the attackers is to score in the big goal. The defenders are trying to steal the ball and score in either of the small goals. If the defenders are successful send in more attackers.

Make it easier - add in an extra attacker
Make it harder - don't allow the holding midfielder to leave their area

TACTICAL

FIRST COACHING POINT - CREATIVITY
This game should be tight for the attackers with less players so show them some ways to create confusion in order to score a goal. Some examples are dummy runs, quick turns, fake checks and blindside runs

SECOND COACHING POINT - CREATING SPACE
Show your attackers how to draw out the defenders, they may be able to do this by maintaining possession with their holding midfielder. As the defense pressure, there should be space in behind them.



Small-sided game, we suggest 5v5 but try to keep all players engaged. We suggest no goalkeepers and the use of small goals to encourage accuracy. In order to create plenty of coaching moments we suggest setting your formations to have equal attackers and defenders on each team, for example: 2-1-2. We always advise that you should allow time for players to enjoy the scrimmage without any conditions.

Make it real -
1) Assign positions
2) Set a formation
3) Help players understand their role

GAME

COACHING SUMMARY

Try to find instances in the game to freeze the play when your coaching points are relevant. Keep your freeze short and concise - try to find opportunities when a defending player is beaten and nobody is there to cover. Some examples:

- 1) Slow and labored attacking play towards the goal
- 2) Players failing to pass and move in the attacking third

